

January Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung Street, Frederick, MD 21704 (Lower Level of the Urbana Regional Library)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.</p>			
<p>2 Center is Closed</p> 	<p>3</p> <p>10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class Center closes at 4:30 p.m. 5:00 *Supper Club: Atlantic Grill</p>	<p>4</p> <p>10:45 Daily Exercise 12:30 *English Class 1:00 *Artful Creations: Puffy Paint Creations</p>	<p>5</p> <p>9:30 Color This 10:45 Daily Exercise 1:00 Cards and Games 1:00 Wii Games</p>
<p>9 Nutrition Minute "Portion Distortion"</p> <p>10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi 1:00 Rummikub 1:15 Book Club</p>	<p>10 Nutrition Minute "Portion Distortion"</p> <p>10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 3:30 Teens Teach Tech 5:30 *Dinner/Games</p>	<p>11 Nutrition Minute "Portion Distortion"</p> <p>10:45 Daily Exercise 11:30 MAP: Where do I go from here? 12:30 *English Class 12:30 *Yoga Class</p>	<p>12 Nutrition Minute "Portion Distortion"</p> <p>9:30 Color This 10:45 Daily Exercise Noon *Lunch with Nurse Steve 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing</p>
<p>16 Center is Closed</p> 	<p>17 Health Education 101 "Falls Prevention"</p> <p>10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:30 *Fried Chicken Dinner 6:00 *The Inside Scoop: Healing Touch Chiropractic</p>	<p>18 Health Education 101 "Falls Prevention"</p> <p>10:45 Daily Exercise 11:30 *Lunch and Learn Falls Prevention and Yak Trax Distribution 12:30 *English Class 12:30 *Yoga Class</p>	<p>19 Health Education 101 "Falls Prevention"</p> <p>9:30 Color This 10:45 Daily Exercise Noon *Special Meal 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing</p>
<p>23</p> <p>10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi 1:00 Rummikub</p>	<p>24</p> <p>10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:30 *Dinner/Games</p>	<p>25</p> <p>10:45 Daily Exercise 11:30 RSVP Overview 12:30 *English Class 12:30 *Yoga Class 1:00 Movie Matinee: Star Wars</p>	<p>26 Center is Closed</p> <p>The Department of Aging Offices and Senior Centers are closed</p>
<p>30</p> <p>10:00 Stitching Post 10:45 Daily Exercise 12:30 Bridge Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub</p>	<p>31</p> <p>10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:30 *Dinner/Games</p>	<p>Upcoming Day Trips</p> <p>Jan. 13 – Air & Space Museum Udvar-Hazy Center</p> <p>Jan. 27 – Schmankerl Stube Bavarian Restaurant</p>	

(see other side for program highlights)